

"Methodology of the research in Music Therapy"

"All scientific activity should progress and demonstrate its usefulness, and music therapy (MT) is no exception. MT research is absolutely necessary to demonstrate efficacy in all its activities and also to improve the knowledge of the same. MT, as many of the non-pharmacological therapeutic techniques, requires well-designed comparative studies despite the difficulty that qualitative variables often bring.

This Conference will explain the basis of research, the design of specific studies of MT and the need to establish an interdisciplinary team of music therapists, medical personnel, methodologists and statisticians to ensure a quality research. All the studies begin with an idea, a question not answered and continuing with the elaboration of a good project. This is the basis of obtaining conclusive results.

We propose some examples made of studies on MT, the steps that have been followed in its development and methodological difficulties in its implementation. Research is a challenge to demonstrate to society and to the health authorities of the importance of the MT for the patients."

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Links:

<http://www.parcdesalutmar.cat/>